

allowing enema preparation to enter and fill the anal cavity comfortably, remove colon cleansing nozzle and allow bowel movement to occur.

with genital cleansing, while seated on toilet, place genital cleansing nozzle in front of genitals, rotating thumb turn on control valve to the open position and allow allowing bottled/filtered water to be ~~spray~~ sprayed onto the genital area.

15. (currently amended) The method according to claim 13 ~~whereas~~ wherein said steps of opening control valve, allowing contents of said container to flow into respective cavity or onto genital area is repeated until all water or preparation within container is depleted. Process may be repeated if necessary until goals are obtained for colon or genital.

16. (currently amended) The hygienic vaginal/colon and genital cleansing device according to claim 7 ~~whereas~~ wherein the containers and their components are formulated with the Microban compound to prevent pathogen growth for the purpose of cleansing all compounds for future use, the container is filled with a diluted preparation of one quarter of an ounce of chlorhexidine ^{3/11/05 RM} a gentle disinfectant, anti-fungal, anti-microbial and anti-septic compound to one quart of bottled or purified water and allowed to flow ~~though~~ ^{3/11/05 RM} through the containers components for the purpose of cleansing all compounds for future use; The container is then filled with plain bottled or purified water and to flush all the components thoroughly; ^{RM 3/11/05} This flushing process is repeated two ~~addition~~ additional times.

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selecting the nozzle to be used and attaching said nozzle onto ~~short~~ adequate length of
flexible hollow tubing from control valve;

insertion or placing the nozzle in the orifice or around the area to be cleansed;

~~slowly~~ gradually opening the control valve;

~~allowing~~ introducing the preparation to which enter and ~~fill~~ fills the cavity;

with douching while seated on a toilet, insert the vaginal nozzle into the vagina, allow
allowing preparation and amassed debris to expelled from the vagina into the toilet aided
by the force of gravity, rotating the thumb turn on control valve to open position,
allowing the preparation to enter and fill vaginal cavity;

with colon cleansing, while standing in the tub with one leg on the ring of tub, insert the
colon cleansing nozzle into the anal cavity, rotating thumb turn (~~rest cut off of page~~)

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